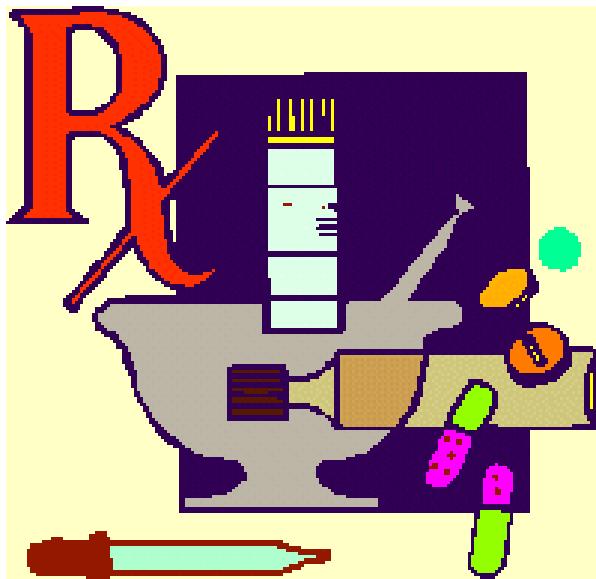


Health Safety Literacy

Prescription Safety



Edition 2: March 2003

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Prescription Safety



Medicines can be wonderful aids for the care and improved health of people of all ages. Many people over age 65 owe their lives to new and improved medicines and vaccines. **Medications** are often called **drugs** or **prescription** drugs. Drugs, in this case, mean medicines prescribed by your doctor or **over-the-counter** (OTC) medicines that you can buy without a prescription. OTC's can include vitamins, weight loss pills, cold or allergy medicines or skin ointments.



Medications can act differently in older people and young children. Therefore, it is critical to follow prescription directions carefully. Medicines need to be taken exactly as your **physician** or **pharmacist** instructs. Your doctor needs to know all medications that you are taking, including over-the-counter (OTC) medicines. It is best to use the same **pharmacy** for all prescriptions if possible. That way, the pharmacist can determine if any problems might occur. Sometimes, one drug affects how another drug reacts in your body. This is why medications should never be shared with another person or accepted from a friend.

Medications should be taken at the correct time and with the correct **dosage**.

Too much of a medication can cause an **overdose**, allergic reaction and even death. The entire prescription should be taken within the period of time the physician or pharmacist tells you. Any leftover medication should be discarded or thrown away after the **expiration date** on the prescription label.



Pharmacy



Sometimes a **generic drug** is prescribed to lower the cost of the prescription. Always check to make sure it is safe and will treat your ailment as well as the better-known medicine. Liquid medications are often given to children because they are easier to swallow. Special measuring devices are available to make certain that the correct dosage is given. It is important to learn how to use syringes, oral droppers, dosing spoons, inhalers, sprays, and medication caps.



Prescription Medication DO'S

- DO:** know what the medicine is for and what it will do for you.
- DO:** know how much to take (dosage), how to take it (route) and when to take it (frequency).
- DO:** know how long to take it.
- DO:** know the side effects and warnings.
- DO:** watch young children and older adults for unusual reactions
- DO:** call your physician or pharmacist about any strange or serious side affects.
- DO:** keep medications in a safe place where children cannot reach them.
- DO:** ask any questions regarding your prescription or medication.
- DO:** keep your doctor's name and phone number handy and give them to any childcare provider.

DO: TAKE TIME TO CARE

Prescription Medication DON'T'S

- DON'T:** take an expired medicine that is lying around the house.
- DON'T:** stop taking a prescription drug or skip a dose.
- DON'T:** take more or less than the prescribed amount (dosage).
- DON'T:** give or take medicine in the dark.
- DON'T:** take medications prescribed for or given by another person.
- DON'T:** mix with alcohol or other medicines unless your physician says it is okay.
- DON'T:** call medicines candy when giving them to children.
- DON'T:** allow young children to take a medication by themselves.
- DON'T:** use an over-the-counter (OTC) medication that looks like it has been opened.

DON'T: FORGET THE HIDDEN DANGERS

Precaución para tomar medicamentos

 Los medicamentos pueden ser una maravillosa ayuda para el cuidado y el bienestar de la salud para muchas personas de todas edades. Muchas personas mayores de 65 años de edad deben su vida a nuevos y avanzados medicamentos y vacunas. Frecuentemente a los medicamentos se les llaman drogas o drogas recetadas. En este caso, las drogas significan medicamentos recetados por su doctor o medicamentos comprados sin receta. Algunos de los medicamentos que pueden comprarse sin receta son: vitaminas, píldoras para perder peso, medicamentos para resfriados o de alergias y pomadas para la piel.



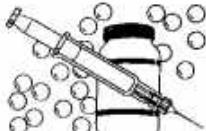
Los medicamentos pueden causar distintas reacciones en ancianos y niños. Por lo tanto, es muy importante seguir cuidadosamente las instrucciones de los medicamentos. Los medicamentos se deben de tomar exactamente como lo indica su doctor o farmacista. Su doctor necesita saber todos los medicamentos que usted está tomando incluyendo los que toma sin receta. Si es posible, es mejor utilizar la misma farmacia para surtir todas sus recetas. De esa manera, el farmacista puede determinar cualquier problema que pueda surgir. Algunas veces, una droga afecta como otra droga reacciona con su cuerpo. Esta es la razón por la cual nunca se debe compartir medicamentos con otra persona o aceptar medicamentos que le da un amigo/a.

Los medicamentos deben de tomarse a la hora correcta y con la dosis correcta. El tomar demasiado de un medicamento, puede causar una sobredosis, una reacción alérgica y hasta la misma muerte. La receta entera debe de tomarse dentro del período de tiempo tal como se lo indique su doctor o farmacista. Cualquier medicamento que sobre debe de tirarse o desecharse inmediatamente después de la fecha de caducidad.



Pharmacy

Algunas veces una droga de marca no reconocida se receta para bajar el costo de la receta. Siempre asegúrese de que es segura y que tratará su malestar tan bien como la marca reconocida. A los niños se les da frecuentemente medicamentos líquidos ya que son fáciles de consumirse. Existen distintas maneras para asegurarse de tomar la dosis adecuada. Es importante aprender cómo utilizar jeringas, goteros, cucharas con medidas, inhaladores, roceadores y medicamentos con tapadera.



Medicamentos recetados. LO QUE DEBE DE HACER

DEBE de saber para qué es el medicamento y para qué lo necesita.

DEBE de saber cuánto tomar (la dosis), cómo administrarlo (ruta) y cuándo tomarlo (frecuencia).

DEBE de saber por cuanto tiempo debe tomarlo.

DEBE de conocer los efectos secundarios y advertencias sobre el medicamento.

DEBE de observar reacciones no usuales en niños y ancianos causados por el medicamento.

DEBE de llamar a su médico o farmacista en cuanto note efectos secundarios o no usuales.

DEBE de guardar los medicamentos fuera del alcance de las manos de los niños.

DEBE de hacer cualquier pregunta que tenga en cuanto a su receta o medicamento.

DEBE de guardar el nombre y teléfono de su doctor al alcance de su mano y proporcionarlos a su guardería o escuela de sus hijos.

DEBE DE TENER CUIDADO

Medicamentos recetados. LO QUE NO DEBE DE HACER

NO tome un medicamento con fecha de caducidad vencida que tenga en casa.

NO pare de tomar su medicamento recetado o no deje pasar su dosis.

NO tome más ni menos del medicamento señalado.

NO administre ni tome medicamentos en la oscuridad.

NO tome medicamentos recetados de otra persona o dados por otra persona.

NO ingiera alcohol ni otros medicamentos a menos que su doctor se lo recete.

NO llame dulces a los medicamentos cuando se los administre a los niños.

NO permita que sus niños tomen los medicamentos ellos solos.

NO tome un medicamento sin receta si no está bien cerrado.

NO SE OLVIDE DE DAÑOS QUE SI PUEDEN

Vocabulary Words

- * **Abbreviations:**
 - **OTC** – Over-the-counter; sold without a prescription from a doctor
 - **QTY** – Quantity; number
 - **MFG** – Manufacturer; company that makes the drug or medicine
- * **Common Medications:**
 - **Antibiotics** – attack bacterial infections like strep throat; use only when prescribed by a doctor
 - **Analgesics** – used to reduce fever or pain
 - **Ear Drops** – attack infections and wax build-up in the ear canal
 - **Eye Drops or Ointment** – used for eye infections, allergies or vision problems
 - **Oral Inhalers** – used to treat asthma or irritations of the lungs; **Oral** – taken in through the mouth
 - **Nasal Sprays** – treat allergies or irritations of the nasal passages; **Nasal** – taken in through the nose
 - **Skin Preparations** – prescribed for skin infections, burns, rashes, acne; **Topical** – applied or rubbed into the skin
- * **Dosage** – amount or quantity that should be taken
- * **Dosing Devices** – equipment used to give correct measurements of medicines to young children: oral droppers, dosing spoons, medication cups
- * **Drugs** – in the medical sense, can mean both medicines prescribed by your doctor and over-the-counter (OTC) medicines that you buy without a prescription
- * **Expiration Date** – last date that the medication should be used; after this date the medication should be discarded
- * **Frequency** – how often a medication should be taken; usually states “when” and “how” it should be taken
- * **Generic Medication or Drug** – a medication product without a name brand. You should always check with your doctor or Pharmacist as to its safety and effectiveness of generic products
- * **Medication** – drug or medicine used to treat specific illnesses or ailments
- * **Over Dose** – too much medication has been given; usually causes a serious reaction; immediately call your doctor or 911
- * **Pharmacist** – a person licensed to prepare and distribute of medications and to provide information about medicines
- * **Pharmacy** – section of a store, staffed a pharmacist who is licensed to prepare and distribute medications
- * **Physician** - medical doctor or surgeon who is licensed to practice the healing arts
- * **Precaution** – warning given; for example: “May cause drowsiness; do not take with alcohol”
- * **Prescription** – a written direction for the preparation and use of a medicine; ordered by a doctor
- * **Side Effect** – possible reactions from taking a medication; if severe, report to your doctor immediately; may include: skin rash, loose stools, upset stomach, dizziness , difficulty breathing, ringing in the ears or allergic reaction.



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Edition 1: Fire Prevention

Edition 2: Prescriptions

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Prescription Safety

Prescription Label Matching

Match the letter from the item on the prescription label to the correct description below.

- | | |
|--|--|
| <input type="checkbox"/> Date Dispensed | <input type="checkbox"/> Directions for Use |
| <input type="checkbox"/> Patients Name | <input type="checkbox"/> Initials of Dispensing Pharmacist |
| <input type="checkbox"/> Name of Drug | <input type="checkbox"/> Cautionary Statement |
| <input type="checkbox"/> Number of Refills | <input type="checkbox"/> Pharmacy Phone Number |
| <input type="checkbox"/> Name of Prescriber | <input type="checkbox"/> Expiration Date |
| <input type="checkbox"/> Pharmacy Name and Address | <input type="checkbox"/> Quantity Dispensed |
| <input type="checkbox"/> Manufacturer | <input type="checkbox"/> Prescription Number |



- | | |
|--|---|
| A. Primary Care Pharmacy
1234 Any Street
Any City, AZ 85000 | B. 520-111-2222 |
| C. Pamela Patient
567 Any Street
Any City, AZ 85000 | H. Rx #123456
I. SMG
J. Date: 10/27/2003 |
| D. PSEUDOEPHEDRINE 60MG TAB | K. QTY: 30 |
| E. MRF: GENEVA GENERICS
Generic Substitute for Sudafed | L. REFILLS: 4 |
| F. TAKE ONE (1) TABLET BY MOUTH
EVERY SIX (6) HOURS AS NEEDED | |
| G. Dr. J. Smith
AU 2486295
520-666-7777 | M. EXP: 10/27/2004 |
| N. CAUTION: Federal Law prohibits transfer of this drug to any person than patient for whom prescribed. | |



Prescription Safety

Fill In The Blanks

Fill in the missing word from the Prescription Safety words listed below. Some words may be used more than once. Other words will not be used at all.

1. A person licensed to prepare and dispense medications is a _____.
2. A written order for a medication is called a _____.
3. Skin rashes, difficult breathing, dizziness are _____ to medicines that need to be reported to your _____ or _____.
4. Taking too much of a drug or medication can cause a serious reaction or _____.
5. A _____ ointment is often applied to a burn, abrasion, or infection.
6. You can get a prescription filled at a _____.
7. "May cause drowsiness" is a _____ or warning given about some medications.
8. _____ is the quantity or amount of medicine that should be taken at one time.
9. OTC is an abbreviation for an _____ medication.
10. An _____ medication is taken in through the mouth while a _____ medication is taken in through the nose.
11. A common medicine taken to reduce a fever is called an _____.
12. A medication should no longer be used if it has gone past its _____ date.

Select the correct words from the list below:

precaution	physician	dosage
pharmacy	expiration date	side effect
oral	generic	nasal
pharmacist	manufacturer	prescription
over-the-counter	topical	over dose
medication	inhaler	analgesic